The instruction and use of safety techniques when lifting objects shall be included in the job safety training by supervisors and shall apply to all employees. Supervisors shall instruct employees in these techniques and assure their understanding.

The following basic rules should apply when lifting objects.

1. If the load looks or feels too heavy, always request assistance.
2. Make sure the path of movement is unobstructed before moving the object.
3. Inspect the object for splinters, burrs, sharp edges, grease, or other hazards before lifting.
4. Step close to the work area or the load. Do not overreach to grasp or lift a load.
5. Check footing to be sure it is secure.
6. Squat down to the load using the legs as much as possible.
7. Grasp the load in a manner that will support it in a balanced position.
8. Always bend the knees when lifting a load.
9. Do not twist the trunk of the body when turning with a load - change the position of the feet.
10. Avoid lifting higher than the waist. If necessary, reposition the grip and keep the weight centered.
11. When lifting objects to shoulder height, start by lifting the load waist high. Pause and check the balance before lifting the remaining distance.